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BRUCE POWER REFURBISHMENTS WOULD INJECT BILLIONS INTO ONTARIO'S ECONOMY

An estimated 15,000 jobs will be supported annually during revitalization program

Recently, the Ontario government pledged its support for the refurbishment of Ontario's nuclear reactors, including those at Bruce Power, which is located near Kincardine, ON, on Lake Huron's shore.

While there has been a lot of focus on the construction of new reactors, the province made a sound policy decision to focus on renewing much of our existing nuclear fleet, which, between Bruce Power and Darlington, will meet nearly half of Ontario's future energy needs.

This planned, multi-billion dollar investment program at Bruce Power will inject an estimated $3 billion into Ontario's economy and support 15,000 jobs annually, says a study from the Canadian Manufacturers and Exporters. Refurbishing the remaining six of eight Bruce Power nuclear reactors will provide years of secure jobs for the skilled tradespeople of the province, while continuing to benefit the over-1,200 small businesses in Ontario which currently partner with the world's largest operating nuclear facility and employ thousands.

Bruce Power, which is privately-owned by two Canadian companies, as well as the 500,000-member OMERS pension plan, has a unique public-private partnership where it invests private money into reactors that are still owned by the province. That means no public money is invested at Bruce Power – a win-win for Ontario taxpayers who benefit from owning refurbished assets while having continuous access to safe, reliable and low-cost nuclear energy for decades to come.

Although often misunderstood due to the large up-front capital requirements, nuclear is actually one of the lowest-cost forms of energy. Due to the large, reliable volume of low-cost power provided by nuclear, the average cost, including all liabilities, sits between 5 and 6 cents per kilowatt/hour. Nuclear provides over half of Ontario's power and yet has one of the lowest impacts on your energy bill.

Nuclear is also one of the cleanest forms of energy, creating none of the carbon emissions that lead to air pollution and negatively impact the health of Ontarians. In fact, the rejuvenation of four Bruce Power units over the past decade has provided 70 per cent of the energy needed for the province to shut down all its coal plants, which it's on track to do in 2014.

By refurbishing Bruce Power's reactors, the province will ensure these coal plants stay closed.

Nuclear energy is the most reliable form of electricity in Ontario. The government's decision to move ahead with refurbishment of the Bruce Power facility will inject billions in Ontario's economy, secure well-paid, stable jobs for generations of workers, and provide safe, reliable, carbon-free and low-cost energy to the people of Ontario.

Learn more at www.brucepower.com or www.nuclearupcoaldown.ca.

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METRO LOOKS AT THE BEST BIKER JACKETS FOR MEN AVAILABLE THIS SEASON PAGE 26

Big award, but no money

Ottawan to get GG's Award for her work in fighting sexual harassment, but no cash prize PAGE 3

Dealing with Europe's border

Human Rights Watch questions Europe's proposed policy following drowning deaths of migrants PAGE 8

7,000 SNOWSUITS GIVEN OUT

Candice Rigby, left, and Erin Phillips, wife of Ottawa Senator Chris Phillips, present junior kindergarten student Mia Benoit with a snowsuit as part of the official launch of the Snowsuit Fund's winter campaign. The organization has already given out 7,000 snowsuits to needy families, and is appealing to the public for help. For more on the story got to metronews.ca or visit snowsuitfund.com. DENIS ARMSTRONG/FOR METRO

Harper fires back at Duffy

Not staying quiet. PM says 'darn right' he asked senator to repay expenses

Prime Minister Stephen Harper mounted his most spirited defence in months on the Senate spending scandal, accusing Sen. Mike Duffy of playing the victim card because he was ordered to repay inappropriate expenses.

Harper has had little to say about the long-running scandal that has seen three of his Conservative appointees turfed from caucus and now involves the RCMP investigating Harper's former chief of staff.

But after Duffy gave an incendiary speech in the Senate accusing Harper of underhanded tactics, the prime minister fired back in the House of Commons.

Conservatives are seizing upon Duffy's claim that he was ordered to repay expenses even though he'd been assured he had done nothing wrong.

As Harper said to roars of approval from his backbench Wednesday, "You're darn right I told him he should repay."

Harper also said he fully endorses a motion in the Senate to expel without pay Duffy and former Conservative appointees Pamela Wallin and Patrick Brazeau.

Harper is also emphatically denying any advance knowledge of the $90,000 cheque his chief of staff Nigel Wright gave Duffy to pay off the expense claims.

Wallin, like Duffy before her, ripped into a Conservative motion to expel her from the Senate without pay in the absence of police charges or even evidence of wrongdoing.

The issue is no longer expenses but instead "political expediency" and "abuse of power," said Wallin.

She accused the Conservative Senate leadership of "taking direction from the PMO" in a process that is "designed to appease the party faithful before a Conservative party convention at the end of the month."

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Ottawa Humane Society

Beaten dog now in stable condition

The Ottawa Humane Society (OHS) says the Labrador-Shepherd that was severely beaten with a shovel and rake last week is no longer in critical condition.

Doctors will perform pre-surgery X-rays on 18-month-old Breezy Thursday to assess her head injuries.

Breezy the dog CONTRIBUTED

"Breezy is still a very sick dog but doing better. She has even started wagging her tail," said OHS Thursday in a news release.

The OHS said the dog's owner beat it and left it for dead in a dumpster in Manor Park on Oct. 16.

Ottawa police arrested Steven Helfer last week. He is facing charges of animal cruelty, assault, weapons and other counts.

JOE LOFARO/METRO

Missing girl

Correction

A 12-year-old girl who went missing Monday, and was the subject of a public plea by police for help finding her, was located safe and sound Tuesday. A news brief with the initial public appeal for help ran in the Wednesday edition of Metro, after Alyssa Hughes Lalonde had already been found.

METRO

Cops searching for missing aboriginal women

Bridget Tolley is the co-founder of Families of Sisters in Spirit, an Ottawa-based activist group that raises awareness for missing and murdered aboriginal women, and she never thought that one day she would be desperately searching for her own missing daughter.

Laura Spence, 32, was last seen Sunday morning driving in her friend Nicole Whiteduck's brown 2003 Chevrolet Venture after a party on Saturday night in their Kitigan Zibi reserve in Maniwaki, Que., according to Tolley.

Nicole Whiteduck, left, and Laura Spence FACEBOOK

"I never thought it could happen to me," said Tolley by phone Wednesday. "After helping all these families for years and I really don't know what to do when it comes to myself."

The pair went to a birthday party on the reserve Saturday night, said Tolley. Spence is a mother of four and Whiteduck is a mother of three, she said.

"I am very worried," she said, adding the pair left home without wallets, phones, or money.

Kitigan Zigi Police Chief Gorden McGregor said Whiteduck cashed a $1,000 cheque and was in possession of a cheque for at least $9,000 the weekend she went missing.

"It's that type of information that makes my hair on my neck stand up," said McGregor.

Kitigan Zibi police are looking for Whiteduck's van with the Quebec licence plate M50 DKM. Anyone with information is asked to call local police or 819-449-6000.

JOE LOFARO/METRO

'I'll keep pushing,' says Gov. Gen. Award winner

Hollaback! Ottawa. Julie Lalonde has become one of the leading, and loudest, voices in feminism and the fight against sexual violence

When Julie Lalonde receives her Governor General's Award in Commemoration of the Person's Case at Rideau Hall next Tuesday, she says she'll remind Gov. Gen. David Johnston that Canada has a long way to go to end sexual discrimination, even in his own office.

The award, which the 28-year-old graduate student and activist will share with four activists, is the only award that does not come with a cash gift.

As much as she appreciates the recognition — for her advocacy of a sexual-assault centre at Carleton University — she could use the money to, as it says in the award's dedication, "improve the lives of women and girls through her work to end sexual assault and sexual harassment."

"I might get the chance to mention when I chat with the GG, David Johnston.... They give a cash award to every other recipient except this. I think that's noteworthy," Lalonde said. "Receiving this recognition means the work I do is less invisible.... You don't think about sexual-assault services until you've been raped and suddenly need them."

The award Lalonde is sharing with Ottawa's Constance Backhouse, Nahanni Fontaine from Winnipeg, Susan Shiner from St. John's and Vancouver's Cherry Smiley commemorates the 84th anniversary of the Persons Case when five Canadian women — Nellie McClung, Emily Murphy, Irene Parlby, Louise McKinney and Henrietta Edwards — won the right to be legally recognized as persons in Canada.

Julie Lalonde, seen in this Metro file photo, is to receive a Governor General's Award for her sexual assault centre at Carleton University. ALEX BOUTILIER/METRO

"I'm not going anywhere," she says. "I'll keep pushing the conversation about sexual safety. There's lots of resistance. My work challenges the status quo. There have been far too many sexual assaults recently, and major problems with OC Transpo."

DENIS ARMSTRONG/METRO

Ken Hughes. Ottawa's top tax man named new auditor general

Council has appointed the city's chief tax man, deputy treasurer Ken Hughes, to police how those tax dollars are spent as Ottawa's new auditor general.

Mayor Jim Watson, chair of the hiring committee that selected Hughes, said the veteran city employee's appointment was a loss to his boss, City Treasurer Marian Simulik.

"I think she's not very happy that we're taking one of her best employees away and that was one of the considerations," he said. "Certainly when I indicated this to the city manager who the person was, he was somewhat upset because he's very well-regarded as an extremely efficient and competent employee, and I think he'll do an excellent job as auditor general."

Hughes, a certified fraud examiner, began his career with the old City of Ottawa in 1992 as an auditor. He considers his experience as a city insider an advantage, and said it won't keep him from holding his colleagues' feet to the fire.

Ken Hughes takes over as the City of Ottawa's auditor general — a position with a salary range of $179,983 to $200,245 — next month. STEVE COLLINS/METRO

Hughes will take over from Alain Lalonde, the city's first-ever auditor general, Dec. 15 for a seven-year term.

STEVE COLLINS/METRO

Bayview Road

Police seek suspect after woman attacked

A man attacked a woman from behind as she walked on Bayview Road, police say.

The incident happened around 2 p.m. Tuesday as the 24-year-old woman walked near the roundabout at Burnside Avenue. She was struck in the head with an object, which caused her to fall to the ground. The man was last seen walking south on Bayview.

The woman to hospital for treatment for minor injuries, police say.

The incident is reminiscent of a string of attacks in 2011 in Hintonburg. Police say there's no evidence to link the latest incident, but they are "looking at all possibilities."

The suspect is described as a man with light-brown skin, 30-40 years old, five-foot-six, with a "thin to medium build." He was wearing a black jacket — possibly leather — a greenish baseball cap and black sneakers.

Anyone with information is asked to contact Investigators at 613-236-1222, ext. 5166 or Crime Stoppers at 613-233-TIPS. METRO

Mayor proposes 1.9% tax hike for 2014

Draft budget. Jim Watson boasts the increase is the city's lowest in 7 years

Ottawa Mayor Jim Watson is making good on his promise to keep tax increases at or below 2.5 per cent, announcing a 1.9 per cent property tax increase as he tabled the city's draft operating budget Wednesday morning.

Watson boasted that the 2014 tax hike was the city's lowest increase in seven years.

"This budget is about delivering progress and getting the job done for our residents," said Watson during the morning council meeting.

The hike represents a $62 increase per household, per year, for urban dwellers, while rural residents will see a $55 increase on their tax bill and $96 for commercial buildings.

The 2014 budget will also put a freeze on the mayor's salary, a halt on waste-collection fees (at $82 per household) and a freeze on recreation fees for the fourth year in a row.

Watson said he is also proud of the 1.9 per cent transit-fee increase that users will see next year, calling the increase the lowest it's been in several years.

"We all recall many years ago where the rate was at 7.5 per cent. That was driving people away from taking the bus," Watson told reporters during a scrum following the meeting.

"It's a signal that we are sending to our riders that we want to continue to increase ridership of our system."

Other budget items will see the city fix roads, improve parks and expand the Constance Bay Library.

The 2014 budget will also tackle the tree-killing emerald ash borer beetle with an injection of $1.2 million for management of the bug.

The city will also spend $2.5 million on new breathing equipment for the fire department and will purchase new public defibrillators for $2.2 million.

Ottawa's police budget went up by $7.6 million, or 1.99 per cent, which represents an $11 increase per household.

Councillors will vote on the final $3-billion budget by Nov. 27.

TREVOR GREENWAY/METRO

Ottawa Mayor Jim Watson speaks to reporters at city hall after tabling the city's draft operating budget Wednesday. TREVOR GREENWAY/METRO

Doesn't address key issues

'Clever' budget looks good on paper: Prof.

Ottawa business professor Ian Lee called Mayor Jim Watson's draft budget a "clever election budget" that looks good on paper but doesn't address key issues that could present major tax increases in the future.

Lee said that although the 2014 budget is "prudent," it fails to address the city's pension deficit, which amounts to hundreds of millions of dollars.

"The reason why the deficit is growing is because we are not taking any action to address it," said Lee.

"People are retiring at 55 and we are living longer and longer. The pension system was never designed to put people on a pension for one-third of a century," he said, adding some retirees have been on a pension for longer than their working careers. He recommends pushing the eligible pension age back so the city's deficit can stop ballooning.

Lee also said that although the 2014 tax hike is low, expect it to jump over the next four years when bills from Ottawa's light-rail project and Lansdowne redevelopment start coming in. TREVOR GREENWAY/METRO

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Bust a Move. Fundraiser enlists ideal guest to get participants moving

Dancing with the Stars' in-house dancer Derek Hough will be the celebrity fitness guru at the Ottawa Regional Cancer Foundation's 2014 Bust a Move breast cancer fundraiser.

Following ever so suavely in the footsteps of previous celebs Richard Simmons and Tommy Europe, Hough will be coming to Ottawa in February to lead a fitness session and give a talk about his own experience with cancer.

"I am thrilled to be heading to Ottawa in February and can't wait to be part of Bust a Move Ottawa and meet all the participants who have worked so hard to earn their spot on the floor," said Derek Hough in a news release. "The work you are doing to improve the lives of those living with cancer is incredible."

Bust a Move Ottawa is a one-day fitness fundraiser in support of the Ottawa Regional Cancer Foundation. It will once again be held at the Ottawa Athletic Club located at 2525 Lancaster Road. There are 500 participant spots available in the event, with each person agreeing to raise a minimum of $1,000 in support of breast health initiatives. METRO

Dancer Derek Hough GETTY IMAGES

DNA evidence

Ottawa man linked to 1997 sex assault

Ottawa police say DNA evidence has linked an Ottawa man to an alleged sexual assault of an 11-year-old girl 16 years ago.

A suspect was identified through the RCMP DNA databank in July 2013, which prompted an investigation, police announced Wednesday. They said the victim was assaulted near a bike path in Hampton Park in the summer of 1997.

On Aug. 28, police charged Francis Charron, 45, with sexual assault, sexual interference, invitation to sexual touching, uttering threats, and forcible confinement. He has been in custody since his Oct. 3 bail hearing, police say.

The Ottawa police's sexual assault and child abuse section believes there may be more victims. JOE LOFARO/METRO

CKCU hopes DJ's, bands will bring in $127,000

Fundraising. Ottawa radio station has gathered an eclectic group of artists to help keep the music playing

TREVOR GREENWAY
ottawa@metronews.ca

Ottawa rockers The Band Whose Name is a Symbol will play the Clocktower Brewpub Nov. 3 for CKCU's annual fundraising drive, which begins on Friday. COURTESY ANDREW CARVER

It's party week at CKCU.

Starting Friday, the Carleton University-based community radio station begins its annual fundraising drive with 10 live musical events throughout the city. They've booked popular DJs and bands in an attempt to raise $127,000 by Nov. 10.

"We really wanted to have a big party to get people to donate in different ways and have a good time," said CKCU sponsorship and fundraising co-ordinator Michael Valerio.

"It's a community radio station, so we want to get out there and meet the people who are listening to us."

The week kicks off Friday with an acoustic jam at the Daily Grind featuring Cody Smith from the Apollohs, along with other songwriters.

The volume gets turned up to 11 the next night with a rock show with Kings Quest, Tindervox and Saint Clare sharing the stage at the Avant-Garde Bar.

Things get dancier next week with Timekode selector DJ Memetic throwing a Halloween jam Oct. 31 at Clocktower Brewpub.

Ottawa's soulful house music pioneer DJ Trevor Walker brings the beats to Clocktower Brewpub Nov. 3. He'll be spinning up classic jazzy house alongside fellow Mercury Lounge resident Lance Baptiste.

Valerio said it's extra special to have Walker spin tunes for this year's funding drive, as the longtime CKCU DJ used to have one of the hottest dance music shows on Ottawa's airwaves.

More info

For the full lineup and details on how to donate, visit ckcufm.com.

"It's great, (Walker) has still got a lot of love for the stage," he said. "It's huge for us."

The Brewpub also hosts Ottawa space-rockers The Band Whose Name is a Symbol on Nov. 3 before the drive closes on Nov. 10.

Valerio said the annual funding drive is an important event for the radio station and brings in 30 per cent of its annual operating budget.

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Feds to probe Bell's new data collection

Complaints, criticism. Telecom giant says customers will benefit by seeing ads targeted to their interests, but critics say they should offer an opt-out option

After receiving several complaints, the federal privacy commissioner's office is launching an investigation into Bell's attempt to collect data on users' TV and web habits and telephone patterns.

Following some strong customer reaction and criticisms from a consumer group and the federal New Democratic Party, Bell sent out a news release Wednesday explaining why the company wants to collect this data beginning Nov. 16.

Bell says the move will benefit customers who will see ads targeted to their interests.

The program is designed to deliver "online advertising that's most relevant to them," according to Wade Oosterman, president of Bell Mobility and Residential Services.

"Consumers who use mobile Internet services see a lot of advertising, and we want to ensure that Bell customers see the kind of advertising that actually matters to them," he said.

Critics have suggested customers should be asked to opt in, rather than opt-out.

Philippe Viel of the Montreal-based consumer protection group Union des Consommateurs told Torstar News Service that the only option is to not receive the relevant ads. Bell will still collect that data.

"It is not false, but it's sneaky," he said. "People who go to the website will believe that if they opt out, they are opting out of the whole process." TORSTAR NEWS SERVICE

Retail. Group says variety stores under threat from Loblaw-Shoppers merger

The pending mega-merger of Loblaw Cos. and Shoppers Drug Mart Corp. poses a big threat to the survival of variety stores and independent grocers across Canada, industry groups say.

Canada's Competition Commissioner John Pecman is going to get an earful Thursday in a meeting with the Canadian Federation of Independent Grocers, which fears being squeezed out further by the big players in the grocery business.

The Canadian Convenience Store Association predicts Shoppers Drug Mart will look "more like mini-Loblaws stores" once the $12.4-billion takeover is completed.

"They're trying to encroach themselves on what is our turf essentially," said association president Alex Scholten.
TORSTAR NEWS SERVICE

The pending merger of Loblaw and Shoppers Drug Mart poses a big threat to independent grocers across Canada, industry groups say. THE CANADIAN PRESS FILE

Experience that's not to be mist

Passengers admire a rainbow over the American Falls from the Maid of the Mist on the second-to-last day of Canadian operations of the popular seasonal attraction Wednesday.

CHARLES LEWIS/THE BUFFALO NEWS/ THE ASSOCIATED PRESS

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Europe's focus on blocking migrants at borders slammed

Safe port. Human Rights Watch wants the EU to guarantee that anyone picked up at sea will be taken to a safe European port

The European Union is using the drowning deaths of people fleeing to Europe as a pretext for ramping up border controls against unwanted migrants, a human-rights group said Wednesday.

Human Rights Watch said the drowning of hundreds of migrants in the Mediterranean Sea this month should prompt the EU to chart a new policy course toward people fleeing war and dire poverty.

Leaders of the 28-nation bloc are to discuss how to avoid future boat disasters at a meeting Friday in Brussels.

"Though framed in terms of saving lives, many of the proposed policy responses reflect the EU's preoccupation with preventing departure and barring entry," Human Rights Watch said.

According to the New York-based group, about 35,000 people have crossed from North Africa to Italy and Malta this year alone — many of them fleeing persecution or fighting in Somalia, Eritrea or Syria. At least 500 have died this year, including about 365 people who drowned Oct. 3 when their boat capsized off Italy.

In May, the EU created a task force to train Libya's border guards to better control its vast frontiers. But European governments have been reluctant to provide more ways to enter the bloc legally, as demanded by rights campaigners. THE ASSOCIATED PRESS

European Union rules

One EU rule that has caused particular friction stipulates that refugees have to apply for asylum in the first EU nation they enter. This has placed particular burdens on Greece, Italy and Malta.

- Human Rights Watch accused northern European countries such as Germany of blocking any meaningful reforms of the rules that allow Berlin to turn away refugees who arrived from another EU state.

Suspended Greek teachers protest austerity

High schools teachers suspended from their jobs chant anti-austerity slogans during a protest near the Greek presidential palace, in central Athens, Wednesday. The conservative-led government plans to sack 15,000 state employees by the end of 2014, and place another 25,000 in a program of mandatory suspensions and job transfers. PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

Kids returned to Roma parents

Ireland's justice minister says two children temporarily taken by police from their Roma parents have been returned to their families after DNA tests determined that the children were rightfully theirs.

Alan Shatter said Wednesday he had ordered the police commander to produce a report into why officers felt it necessary to take the children — a two-year-old boy and a seven-year-old girl — from their families.

In both cases, police suspected that the children might be victims of abductions because they were blond-haired and blue-eyed, unlike the rest of their immediate relatives.

Irish police were responding to public tipoffs fueled by media coverage of an alleged child-abduction case in Greece involving a blond-haired girl and a Gypsy, or Roma, family.

Human rights groups in Ireland have accused police of racism. THE ASSOCIATED PRESS

Pakistan, U.S. talk drones and security

First Obama-Sharif meeting. Leaders pledge co-operation, though key issue unresolved

A Pakistani boy, displaced due to fighting between the Taliban and the army. THE ASSOCIATED PRESS

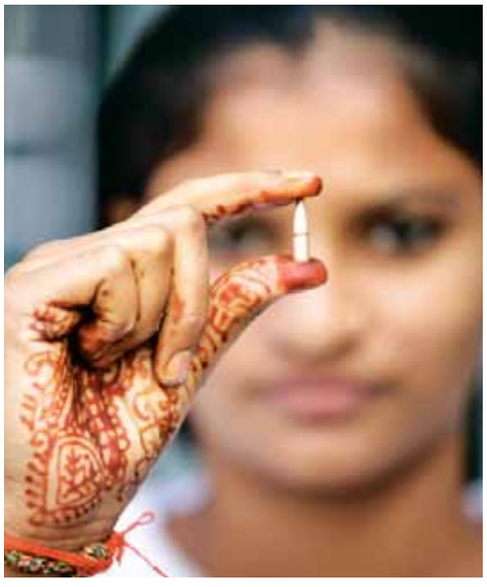
Seeking to improve a rocky relationship, President Barack Obama and Pakistani Prime Minister Nawaz Sharif on Wednesday pledged co-operation on the security issues that have strained ties between their nations. But the sources of the long-standing tensions did briefly bubble to the surface.

Speaking alongside Obama at the White House, Sharif said he raised the issue of American drone strikes during their two-hour meeting, "emphasizing the need for an end to such strikes." For his part, Obama made no mention of drones, which have stoked widespread resentment in Pakistan where many believe the targeted strikes by the armed unmanned aircraft kill large numbers of civilians.

Despite the Pakistani concerns, the U.S. has shown no indication it is willing to abandon the attacks. The Pakistani government secretly supported the strikes in the past, and U.S. officials claim some key leaders still do.

Wednesday marked the first time Obama and Sharif have met since the Pakistani leader took office in June. And the mere fact that the talks took place was seen as a sign of progress after a particularly sour period in relations.

THE ASSOCIATED PRESS



Border tensions reignited

An Indian school girl displays a bullet Wednesday allegedly fired on a school from the Pakistan side of the India-Pakistan border. India accused Pakistani troops of firing guns and mortars on at least 50 Indian border posts overnight in disputed Kashmir, calling it the most serious ceasefire violation between the nuclear-armed neighbours in a decade. CHANNI ANAND/THE ASSOCIATED PRESS

Bahrain

Mourners, police violently clash at funeral for teen

The funeral for a 17-year-old boy in Bahrain who authorities said died while carrying explosives descended into chaos Wednesday as mourners clashed with police in the troubled Gulf kingdom.

Plumes of tear gas rose over the cemetery where mourners buried Ali al-Sabagh, who authorities said died Tuesday after an explosion west of the capital.

Hundreds of anti-government protesters and mourners faced off with police, as an Associated Press reporter saw some set fire to tires in the street and others throw gasoline bombs. Police responded with tear gas and stun grenades, as officers closed the main highway into the city because of the fighting.

THE ASSOCIATED PRESS

Syria and area

13 women freed; may be linked to hostage deal

The Syrian government released 13 female detainees, according to an official and an activist group, in a move that appeared to be part of an ambitious regional prisoner exchange.

The Syrian Observatory for Human Rights on Wednesday said the women walked out of the headquarters of the Damascus provincial government Tuesday. A Syrian government official confirmed the release. It was not immediately clear whether the women released were part of a complicated hostage swap last week brokered by Qatar and the Palestinian Authority that saw Syrian rebels release nine Lebanese Shiite Muslims, while Lebanese gunmen freed two Turkish pilots.

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Greenpeace activists facing new charges

Moscow. Russian President Vladimir Putin said last month that he doesn't think that the Greenpeace activists were pirates

Russia's main investigative agency said Wednesday that it has dropped piracy charges against jailed Greenpeace activists, including two Canadians, and charged them instead with hooliganism.

The news brought little comfort to anxious family members back home, since the new charges still carry stiff prison sentences of up to seven years.

But Patti Ruzycki Stirling, whose brother Paul Ruzycki was serving as first mate aboard the Greenpeace ship "Arctic Sunrise" when it was seized last month, said the decision still represents progress from the Russian government.

Ruzycki, fellow Canadian Alexandre Paul and 28 other activists were originally facing prison terms of up to 15 years under the original piracy charges.

"It's the first step in the right direction, the fact that they've come to their senses and realized that piracy is lunacy, that they had no grounds for that," she said in a telephone interview from her home in Port Colborne, Ont.

Greenpeace took a harder line, saying their crew members were arrested while travelling in international waters and should not be behind bars.

Christy Ferguson, Arctic Campaign Co-ordinator with Greenpeace Canada, called the new charges "wildly disproportionate."

"Hooliganism carries up to seven years in prison for what was still a peaceful protest being made in the public interest," she said. "These were people who were protesting dangerous Arctic drilling and trying to shine a light on what's happening in the Arctic."

The group of activists, a Russian photographer and a British videographer have been held since their ship was seized on Sept. 18.

THE ASSOCIATED PRESS

Royal baby baptism

Britain's Prince William holds his son, Prince George, as they arrive at Chapel Royal in St James's Palace in London, for the christening of the three month-old prince Wednesday. JOHN STILLWELL/THE ASSOCIATED PRESS

Saudi Arabia

Authorities warn women not to protest driving ban

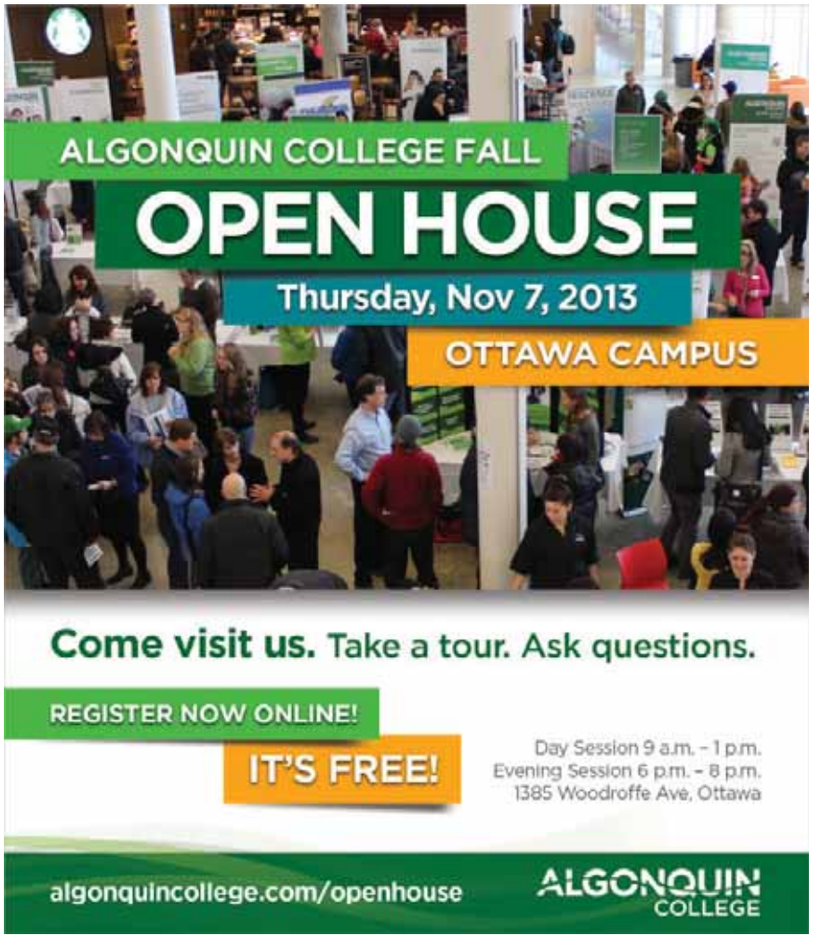
The ministry in charge of Saudi Arabia's police is warning against "disturbing public order" days before activists are calling on women to drive cars in defiance of a ban on them getting behind the wheel.

The Wednesday statement from Interior Ministry spokesman Turki al-Faisal appeared directed at this Saturday's campaign.

No women have been arrested for trying to drive in recent weeks. However, in similar protests in the past, women were charged with offences including disturbing public order.

The police statement comes after around 150 clerics and religious scholars protested outside a royal palace, saying Saudi authorities were doing nothing to stop women flouting the ban.

THE ASSOCIATED PRESS



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Stanley. Canadian sex offender held on bail in U.S.

A violent sex offender who fled Canada is being held on $100,000 bail after being accused of harassment and another sexual assault.

Michael Sean Stanley made a first court appearance Wednesday. A judge set his bail at $100,000, citing the circumstances of how he fled Canada to the United States. Wearing a red prison uniform with his hands shackled in front of him, Stanley appeared before the judge by video from the local jail.

Stanley did not speak to the judge during the brief hearing.

Michael Sean Stanley in court Wednesday in Seattle. ELAINE THOMPSON/THE ASSOCIATED PRESS

He entered the United States earlier this month as Canadian police were searching for the 48-year-old. THE ASSOCIATED PRESS

San Francisco

Callers mistakenly directed to phone sex line

People who tried to complain about noise from a San Francisco marathon got an earful of racy language instead.

When they called the city's 311 hotline to complain about Sunday's Nike marathon, they were incorrectly directed to a phone sex line.

City officials now say they were given the wrong number and are investigating how the mix-up occurred. The phone sex number and marathon number differed only in their prefix: 800 versus 866. THE ASSOCIATED PRESS

Pot smokers in Vietnam digging the Canadian bud

A man rolls a joint with Canadian-grown marijuana at his room in the old quarter area of Hanoi, Vietnam, on Oct 1. Western-grown marijuana is popular among Vietnamese elite. NA SON NGUYEN/THE ASSOCIATED PRESS

Cannabis. It's also appearing in Japan and South Korea

For the young Vietnamese dope smokers rolling up outside a smart Hanoi cafe, local cannabis is just not good enough. As with their Adidas caps, iPhones and Sanskrit tattoos, so with their choice of bud: only foreign will do.

Potent marijuana grown indoors in Canada and the United States is easy to buy in Hanoi and Ho Chi Minh City, say regular smokers, and sells for up to 10 times the price of locally grown weed. That's perhaps surprising given that marijuana is easy to cultivate regionally, and bringing drugs across continents is expensive and risky.

Some experts say the trade can be explained by the dominant role Vietnamese diaspora gangs play in cultivating the drug in western countries, making sourcing the product and smuggling it to Vietnam an easier proposition than it might be otherwise.

The characteristics of cannabis use in the country also drive the trade. The drug is used mostly by foreigners and well-heeled Vietnamese, who are prepared to pay for quality. Vietnamese have long shown preferences for imported goods of all kinds — and it appears cannabis is no exception.

Smokers said one gram of Canadian weed retails for anything up to $45, the average weekly wage in the country. Mid-quality hydroponically grown marijuana sells for about $10 a gram in Canada and the United States. THE ASSOCIATED PRESS

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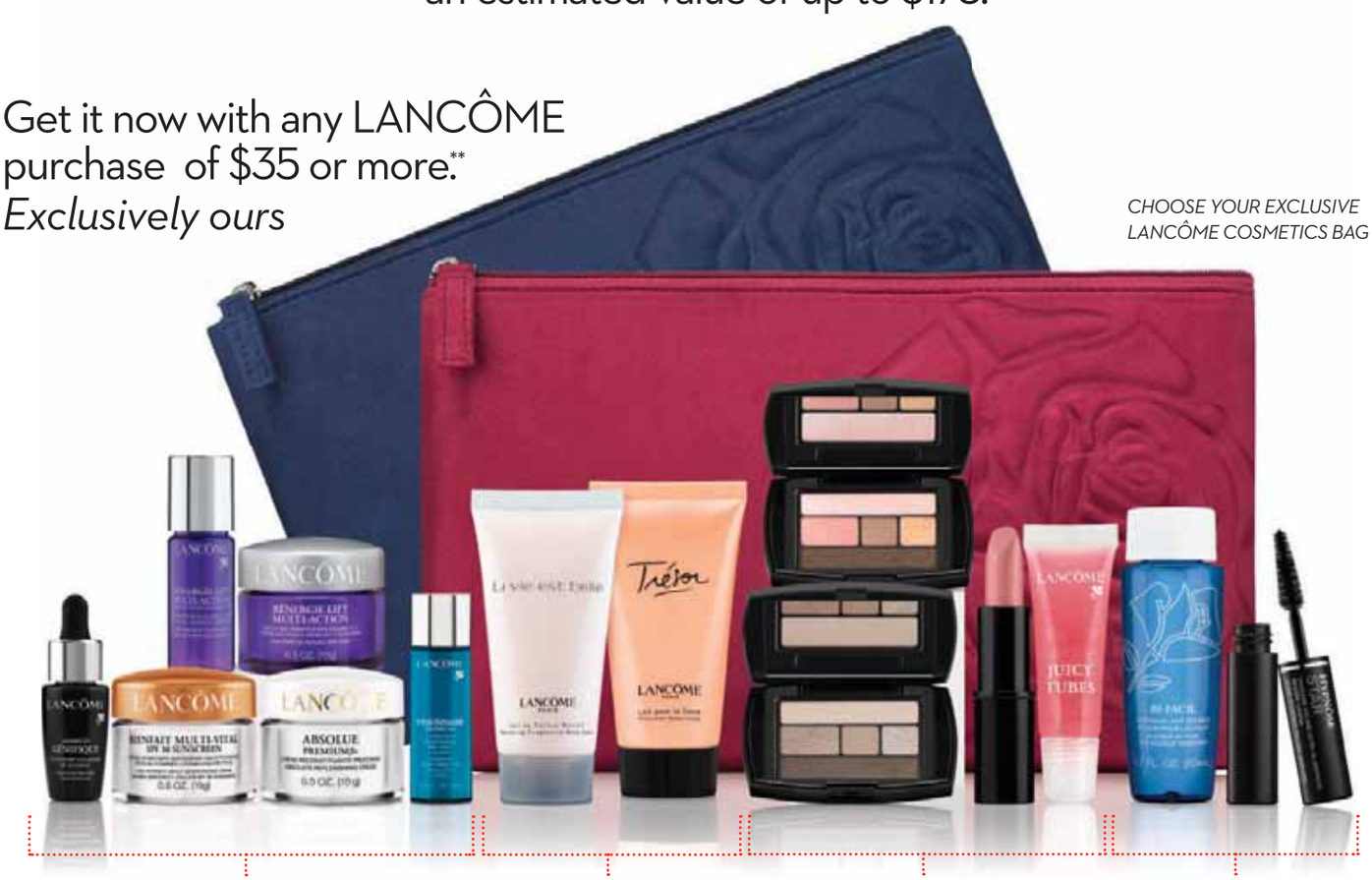

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Military sparked the wildfire, probe finds

Australia. Mayor says military should have known not to run drills on hot, dry, windy day

A military training exercise ignited the largest of the wildfires that have ravaged Australia's most populous state over the past week, investigators said Wednesday.

Investigators found that a massive fire near the city of Lithgow, west of Sydney, began Oct. 16 at a nearby Defence Department training area, and that the blaze "was started as a result of live ordnance exercises," the Rural Fire Service said in a statement.

The fire has burned 47,000 hectares and destroyed several houses, but no injuries or deaths have been reported.

The revelation drew anger from Mark Greenhill, mayor of the community of Blue Mountains, which has been ravaged by several of the fires.

"I would have hoped on a day like that — which was a dry day, a hot day, with the winds — the Australian military would have known it wouldn't be a good time to be igniting," Greenhill said.

New South Wales Premier Barry O'Farrell came to the military's defence.

"I want to ensure that this doesn't detract from the efforts that Defence have made over the past week in assisting the state's emergency services battle these fires," he said.

Meanwhile, Blue Mountains residents were told they could return to their homes Wednesday night. THE ASSOCIATED PRESS

A firefighter mops up after a firestorm swept through a property in Bilpin, 75 kilometres from Sydney, Australia, Wednesday. Scores of Australians in the area had to flee their homes. ROB GRIFFITH/THE ASSOCIATED PRESS

California

Boy with toy gun killed by police

California sheriff's deputies have shot and killed a 13-year-old boy after repeatedly telling him to drop what turned out to be a toy gun, officials and family members said.

Two deputies saw the boy walking with what appeared to be a powerful weapon Tuesday, sheriff's Lt. Dennis O'Leary said.

The replica gun resembled an AK-47, according to a photograph released by the sheriff's office. Deputies learned after the shooting that it wasn't an actual firearm, according to O'Leary.

Rodrigo Lopez identified the boy as his son, Andy, to a newspaper and said the teen was carrying a toy gun that belonged to a friend.

It wasn't clear whether the teen pointed the replica at the deputies or made any type of threatening gesture.

O'Leary said the deputies fired several rounds from their handguns immediately after issuing the orders to drop the rifle. THE ASSOCIATED PRESS

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Dow Jones: 15,413.33 (-54.33)

Economy to dictate decision

Interest rates likely to stay low as BoC in wait-and-see mode

The Bank of Canada has pointedly dropped its warning about the potential for higher interest rates, triggering a sell-off in Canadian dollars that pushed the loonie almost one cent lower Wednesday and raised speculation that rates could actually fall further.

In a more predictable move, the bank also lowered the anticipated growth path for the economy, shaving the projected pace of expansion for this year as well as in 2014 and 2015. The central bank, by jettisoning the now familiar tightening bias that it has used since April 2012, suggests that it is just as likely to cut the one per cent overnight rate as to raise it in future. THE CANADIAN PRESS

Sochi consolation prize

No gold medal? Here's a phone

Athletes who fail to clinch gold at the 2014 Sochi Winter Olympics can take home something else: A $900 smartphone from Samsung.
THE ASSOCIATED PRESS

Will $250M renegade news experiment work?

Brainchild of eBay founder. Only time will tell if the well-funded venture to be led by group of activist journalists is able to reach lofty goals

KIERON MONKS
Metro World News in London

Journalists Glenn Greenwald, left, and Jeremy Scahill will help lead an ambitious news outlet focused on "government transparency and accountability." SILVIA IZQUIERDO/THE ASSOCIATED PRESS FILE

The biggest national security breach in U.S. history was a warm-up for Glenn Greenwald. The activist reporter who published Edward Snowden's revelations is to launch a well-funded news outlet with a priority to share secrets from the world of surveillance, raising fears that U.S. national security will suffer.

EBay founder Pierre Omidyar has pledged a minimum $250 million to the "mass media organization" and specifies a focus on "government transparency and accountability". Along with Greenwald, fellow NSA publisher Laura Poitras will be a founding member, as well Jeremy Scahill — the man who exposed the Blackwater scandal in Iraq and CIA torture practices.

Omidyar has been coy on details — the location and launch date have not been announced — but the billionaire is known to support a horizontal model giving more freedom to journalists than traditional media. Greenwald has said this freedom was a major incentive for leaving The Guardian, which redacted many of Snowden's documents for security reasons, although the published reports were still explosive enough to cause the resignations of leading NSA directors.

Thousands of the documents remain unpublished.

"I think Omidyar is mission-driven," Jay Rosen, director of journalism at New York University and close to both Greenwald and Omidyar, told Metro.

"What he gets out of it is the prestige of ... excellent, public-service journalism ... that reveals what would have remained hidden."

Greenwald's supporters will demand something closer to a war on the security sector. "We expect Glenn and Laura will produce hard-hitting investigative journalism on the ever-expanding surveillance state," said a source at the Electronic Frontier Foundation, which is organizing an anti-NSA rally in Washington. The next revelations will be hotly anticipated.

But security agencies will not wait to be attacked, says Rosen. "Given the kind of journalism it intends to practise, security, encryption and protection of journalists are all going to be key." The British Government Communications Headquarters (GCHQ) are keen on prosecutions of people involved in the leaks, while security specialists in the US say lives will be lost unless Greenwald is stopped.

The new initiative promises to be explosive, and so does the confrontation.

$6 for tea??? Starbucks aims to make stodgy drink of British grannies cool

Starbucks is trying to make tea trendy, with plans to open its first "tea bar" in New York City.

The Seattle-based company says Teavana Fine Teas + Teavana Tea Bar will serve sweets and other food including flatbreads, salads and small plates ranging in price from about $3 to $15. Drink prices will range from $3 to $6, and include novelties such as a Spiced Mandarin Oolong tea and carbonated teas.

The menu of food and freshly made drinks is a switch for Teavana, a chain of about 300 stores that sell boxed and loose tea and accessories. Teavana stores are mainly in shopping malls, but Starbucks CEO Howard Schultz said he plans to expand the footprint to include more locations in urban areas. The company plans to add brewed tea and food to more Teavana stores.

Starbucks hopes Teavana "tea bars," featuring $3 to $6 drinks, will be a hit. CANDICE CHOI/THE ASSOCIATED PRESS

The opening of the New York City store on Thursday comes after Starbucks bought Teavana last year. The company has said it plans to use the acquisition to make tea a bigger part of American culture, as it has with coffee.
THE ASSOCIATED PRESS

Health device inspired by Star Trek not the real McCoy, allege prosecutors

An Illinois man faces charges after he allegedly convinced a company to finance a health care tablet computer named after Star Trek's Dr. McCoy as part of a scheme prosecutors are calling pure science fiction.

Howard Leventhal, who was arrested at his home north of Chicago earlier this week, is charged with fraudulently impersonating Health Canada officials including former deputy minister Glenda Yeates and with bilking a Florida firm out of $800,000 US.

Prosecutors allege the scheme came complete with phony domain names, telephone numbers and email addresses that closely resembled those used at Health Canada.

They say Leventhal promoted the McCoy Home Health Tablet, a telemedicine device he said could beam detailed patient data instantaneously to physicians and other licensed medical care providers.

Leventhal brokered an agreement with Paragon Financial Group, Inc. of Fort Lauderdale that saw Paragon "advance" cash in exchange for its right to collect a larger sum of money purportedly owed to Neovision by Health Canada, the prosecution says.

Paragon believed it was investing in technology that could help save lives, prosecutors say, even though there was no agreement between Health Canada and Neovision and Yeates' signature on the contract was a forgery.
TORSTAR NEWS SERVICE

BURPING COWS ARE A GAS, GAS, GAS

HE SAYS

John Mazerolle
metronews.ca

In these uncertain times of huge, unprecedented disasters like climate change and the Senate, it's nice to know that there are still stories that fill us with awe, still moments that make us think, "it's not such a bad life, after all."

Which is why, this week, I'd like to talk about burping cows. According to an Oct. 21 story by the Reuters news agency, Argentine scientists have devised a system that can tap directly into a cow's digestive tract and remove up to 300 litres of pure methane per cow per day, "enough energy to keep a refrigerator running for 24 hours."

This story raises all sorts of interesting questions. Like, my fridge can run on intestinal gas? Do I even need the cow?

But before I follow that line of thought to places we can't return from, here's an even bigger question: How come I never get journalism assignments like this? When I was a field reporter, I was always sent to events that had no effect on anybody, like city council meetings.

Yet some lucky Reuters reporter was sent to watch top Argentine agricultural technologists channelling digestive gases from inside a cow through high-tech tubing to a tank on its back.

I like to imagine it was just like NASA mission control: When the burps successfully entered the tank, scientists high-fived and whooped while a mission commander removed his headset and heaved a relieved sigh, possibly methane-based.

Though it would have been a fun assignment, it's my duty as a serious journalist to stress that this isn't all fun and gas. As Canadians, we have to be concerned that Argentina now leads the race toward cow-excretion-collection supremacy, probably because the world was so focused on Iran. Argentines: First they get the Pope, then they get the power.

Let's not understate the gold mine here: Cows produce what scientists call a "heap ton" of gas because cows have a lot of stomachs , including the Greater Stomach, the Lesser Stomach, the Secret Stomach behind the bookcase, and the Ultra-Deluxe Stomach (not available on all models, ask dealer for details).

You know how you feel after you've had four burgers and you're lying on the couch and your stomach starts making noises that seem to say, "All non-vital personnel, please clear the area"? Imagine how that would feel if you had multiple stomachs! For one thing, you could win every belching contest from here to Buenos Aires.

Even if such dreams never come to pass (get it?), it's clear that belching cows are now another technological advance to consider for countries seeking energy independence. Countries like Canada. Are you pondering what I'm pondering? Given the other big news stories in Canada, I think we can all agree that Canada's next course of action to slow climate change and greatly improve the Senate involves bringing long lengths of tubing to Parliament Hill.

At the very least, our fridges will run well. Give it a sober second thought.

ZOOM

My pet monster

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

A hairy, scary 30-year commitment

A tarantula peeks out of his webbing filling the entire container in Los Angeles. This is one of the 50 tarantulas nurse Dee Reynolds cares for at her home. Tarantulas are the heaviest, hairiest, scariest spiders on the planet. They have fangs, claws and barbs. They can regrow body parts and be as big as dinner plates, and the females eat the males after mating. But there are many people who call these creepy critters a pet or a passion and insist their beauty is worth the risk of a bite.

Unlike Fido or Whiskers, you can't cuddle with them, dress them for Halloween or play catch. They can cost hundreds of dollars, but they can also live for 30 years. THE ASSOCIATED PRESS

They grow up so fast ...

The tarantula starts life as a sling — short for spiderling — so they can be as small as a fingernail and grow as large as a dinner plate. It eats mostly live crickets, cockroaches and some mice. The spider turns prey into stew by pumping in venom through its fangs. THE ASSOCIATED PRESS

Bites not so bad (usually)

All tarantulas can bite, but owners say it's no worse than a bee sting, unless you are allergic.

- Although there's no documented case of a fatal bite, some have more potent venom than others, and there is no anti-venom, so you treat the symptoms and hope for the best.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's a familiar problem that likely affects somebody you love: The agony that comes with waiting for your Candy Crush lives to refill. But don't worry — there's plenty of other free mobile games to save you from doing anything too productive.

Paint It Back:

A game of nonograms, which are grid-based puzzles that label each row and column with numerical clues for which squares must be shaded to reveal a picture. They're also known as Picross to Nintendo DS fans. If none of that makes sense to you, just know that it's good brain-teasing fun and Paint It Back is designed to ease you in gently. (iOS)

Candy Mania:

It wouldn't be unfair to say this game was, um, "inspired" by Candy Crush. But there are enough twists on the gameplay — not to mention the continual introduction of new mechanics — that it never really feels like you're playing the same game over again. (iOS/Android)

Pocket Mine:

Take control of a miner and start digging, collecting as many precious metals as you can until your pick shatters. Take that cash and upgrade your picks while acquiring upgrades like exploding coal and volatile grenade boxes, all set to a sepia-toned 8-bit soundtrack.(iOS)

Twitter

A U.S. man called the cops after his Jell-O went missing from the work fridge. What's your anti-lunch theft strategy?

I go out of my way to make really disgusting lunches so no one would want to steal them. Almost inedible. Really gross stuff.
@Canucklehead_ca

Tape a note explaining you're constipated and it contains a strong medicinal laxative.
@TradeMarck

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@danfwhite

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@FrenchmanCanada

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Following the Herd all the way to your dream job

Year one. Ottawa arts and culture magazine working out the kinks while continuing to deliver original content in an 8x8 package

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Herd Magazine co-founders Stephanie Vicente and Pat Bolduc. COURTESY HERD MAGAZINE

Herd Magazine, a free quarterly publication geared toward young adults in the Ottawa area, started out as a simple idea among friends Stephanie Vicente and Pat Bolduc.

"I was working in film and television for a few years and really disliked it. I must have spent more time complaining about my life than actually living it," says Vicente, Herd's editor-in-chief.

"Finally, I was at Pat's apartment and I started crying like a baby. I was so fed up with what I was doing for a living because I never had any time to write anymore. I told him I wanted to start an arts and culture magazine, something creative and out there. He was on board immediately and, a couple of weeks later, he registered us as a business."

Online

- For more, visit herdmag.ca

That was just more than a year ago.

Since then, Herd has published four beautifully illustrated editions covering all things Ottawa, including extensive pieces on unique local businesses, musicians and artists.

Herd's mission, Vicente says, is to provide Ottawa's arts and culture community with the highest quality publication while also generating work for local creative types, adding that there are a number of factors that set the magazine apart from the pack.

"The photography is always under strict critique. Also, Joey Arseneau, our creative director, is an incredible illustrator. The size of the magazine is a perfect eight by eight square, which is different too. But, I think the biggest factor that makes us unique is that we're independently owned and operated."

The magazine's co-founders admit that this past year has been a learning experience, especially in terms of trying to profit from a free publication.

"We're trying all sorts of ways to pay the bills — that's the biggest learning curve, the back end of the business as a business and not just as a creative outlet," Vicente explains.

"From a financial point of view, it's been tough. Year two, we're going to develop different parts of the magazine to stabilize ourselves and make sure we're a staple Ottawa brand and are here to stay," adds Bolduc.

Business aside, the pair promises the same quality of work in the future.

"For year two, we've got to master what we're already working on and that's giving Ottawa a free publication that is of the highest quality possible, in every sense, from content to esthetics," says Vicente.

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Why Underwood is over the moon

Flying into fall.
Between hosting the CMAs, performing in a live TV musical and her NFL gig, Carrie is a busy gal

Carrie Underwood will play Maria in a live TV production of The Sound of Music on Dec. 5. GETTY IMAGES

The end of the year looks busy for Carrie Underwood, and she couldn't be happier.

The six-time Grammy winning singer will host the Country Music Association Awards for the sixth time. You can see her every week singing the opening on Sunday Night Football. And for one night in December, she will star in a live television version of The Sound of Music.

The 30-year-old star told The Associated Press Tuesday night on the red carpet of the TJ Martell Foundation gala, where she was one of the night's honourees, that she's nervous doing something she's never done before. But then she realized, "None of us have. This is a live show on TV. So this is definitely a challenge for all of us."

She equated the live singing and acting as "going to a Broadway show, but you're in your living room."

The Sound of Music airs Dec. 5 on NBC with Underwood playing Maria alongside True Blood vampire Stephen Moyer. He portrays Captain von Trapp. Broadway veterans — and Tony winners — Audra McDonald, Laura Benanti, and Christian Borle round out the cast as Mother Abbess, Elsa and Max, respectively.

While the Nashville-based Underwood is no stranger to performing before millions of people on live television — she won the fourth season of American Idol — she felt she needed more preparation, so she showed up in New York three weeks early.

"I wanted to be here and have all my lines memorized and everything and be ready for it. It's been really wonderful," Underwood said.

"Audra and Laura are incredible. Stephen's great. It's nice to be surrounded by that much talent."

Before doing that show, the multi-platinum selling artist returns to her hosting duties on the CMAs. She's also nominated for three awards, including album of the year and song of the year. While she and co-host Brad Paisley have got it down to a science, she doesn't see the experience as old hat.

"You never know what's going to happen with us hosting," Underwood joked, referring to her and Paisley.

THE ASSOCIATED PRESS

Hockey

Carrie's NHL analysis

Underwood's husband, Mike Fisher, is the Nashville Predator's star centre. As such, Underwood has had to brush up on her hockey knowledge. Here's what she sees for the Nashville season: "They got off to a little bit of a rocky start, but definitely getting some momentum. I feel like my husband right now. I know what he feels like now. I feel there's some really great, new young talent," she said. "My hubby, he's been out for the past couple of games with a foot fracture thing. But he'll be back on the ice, ASAP."

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Iron Man's soft spot is a few family secrets

Spoiler alert.
New comic book plot line finds Tony Stark in filial funk

Tony Stark's always been a man of many talents for whom surprise is a rare thing.

But the avenging philanthropic billionaire — better known for the high-tech armour he wears as Iron Man — finds himself felled by not one, but two, family secrets that has him questioning his place in the world and why the reality of his origin was kept from him.

The big reveal came in the pages of Iron Man No. 17, out yesterday in comic shops, written by Kieron Gillen, illustrated by Carlo Pagulayan and Scott Hanna, lettered by Joe Caramagna and edited by Mark Paniccia.

In it Gillen brought the long-simmering story to its conclusion with Stark finding out that not only is he — again, spoilers — adopted, but that his parents, Howard and Maria, had a son — imbued with alien technology proffered by the rogue android 451 — who has been hidden away from the world, laden with unknown abilities and, perhaps, powers.

Gillen calls it a new challenge for Stark, one that is closer to home and more down to earth than his normal conflicts, which have included villainous masterminds, god-like alien intelligences and mechanical behemoths, among others.

"What could I do to challenge the characters' core conception of their self," Gillen said in an interview of the revelations which find Tony both accepting of them yet still experiencing a swirl of emotion as the facts of his life come out in full view and meeting his brother, Arno, who has been in a hospital his entire life, wanting for nothing, but an enigma regardless.

"When you discover something about yourself, you reprocess. How does it churn in the gut? How do you re-examine your life?" said Gillen. "It's a completely different prism in how you study yourself."

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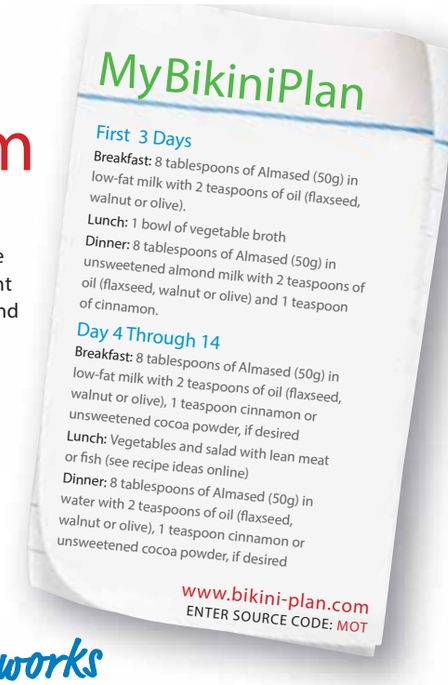
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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 23

First line, last line and Mochrie fills in the rest

New book. Toronto-based comedian puts his own zany spin on a handful of classic tales

The opening story in the debut book from improv master Colin Mochrie begins with the opening lines of Arthur Conan Doyle's A Study in Scarlet, describing Sherlock Holmes seated at a breakfast table.

What follows is far from elementary, as the famed fictional detective dresses in drag and racks his brain — not in order to solve a crime, but to figure out how to do standup comedy.

In his newly published collection of short stories, Not Quite the Classics (Viking Canada), Mochrie takes the first and last lines from 12 famous novels and re-imagines the middle.

The approach stems from the improv game First Line, Last Line, in which the skit's beginning and ending are supplied by the audience and the performers invent the rest.

"When I was first asked by my agent to write a book — apparently he does not like me having free time — because I have no experience at writing, I thought I would use my improv experience to help me guide my way through this," Mochrie said in a recent interview.

Using the first and last lines, "I figured ... two per cent of the book is written, so I'm set," he added with a laugh.

The Toronto-based Whose Line Is It Anyway? star said he was a shy child who read a lot, but he never wanted to write a book until his agent suggested it.

He was convinced to take on the project by actress Debra McGrath, his wife who "does a lot of writing," is "incredibly disciplined" and "incredibly supportive."

"Actually, I think I'm writing this book because of her, because she's a very positive person. I am less so, much less so," said the typically self-deprecating Scottish native, who was recently named Canadian comedy person of the year at The Canadian Comedy Awards.

"But she has this thing, and she's actually talked me into doing it: There's a thing in improv called, 'Yes, And,' where you accept people's ideas and then you build on that, so it's always positive. We've kind of talked about, in the last couple of years, saying yes to things that we ordinarily would say no to.

"I've found it leads you to these adventures you never would've taken the chance on, and writing a book was something I never thought about, so I thought, 'Well, I'll use Deb's Yes, And thing and see where it takes me."

The TV actor said he chose the stories according to whether they had first and last lines that inspired him and yet were vague enough.

The first one he tackled was Dr. Seuss's The Cat in the Hat, which he turned into a poem about a zombie invasion.

"It was the first book I read as a child; it was the first book I read to my son, so I know it really well, and it rhymes and it's easy," said Mochrie, who performs with his longtime improv partner Brad Sherwood at the Queen Elizabeth Theatre in Toronto on Oct. 30.

"So I thought that would be a nice way to ease into it, and it was actually fairly easy to write and pain-free. I thought, 'Oh, this is what the rest of the (project) is going to be like.' I was wrong. Totally wrong. Absolutely, completely, 100 per cent wrong."

Despite the challenges he faced, Mochrie managed to inject the stories with the same charm, humour and zany scenarios he's brought to his improv performances.

There's the one inspired by Herman Melville's Moby Dick, in which a balding actor abuses the powers of a magical toupée to advance his career.

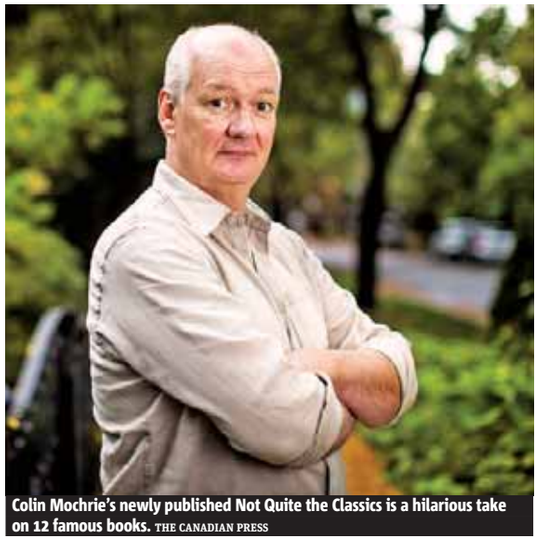
Mochrie, who's been the butt of bald jokes himself, said that's one of the most personal stories. (For the record: He's never worn a toupée.)

"Bald jokes don't bother me at this point. It's been my bread and butter, but I always wonder: How come someone can come up and just do a bald joke at me and I can't mention that they're obese or missing an eye or something? I can't, I just can't."

THE CANADIAN PRESS

Beware the colon exams

The story that was perhaps the most demanding, at least physically, was the one inspired by Kurt Vonnegut's Slaughterhouse-Five. Without spoiling the tale, the premise involves "the unluckiest man in history" and a colon exam that goes awry.



Colin Mochrie's newly published Not Quite the Classics is a hilarious take on 12 famous books. THE CANADIAN PRESS

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Katharine McPhee

Married McPhee caught kissing married director

American Idol alum Katharine McPhee has been caught locking lips with her former Smash director Michael Morris after an intimate lunch date, according to Life & Style. The only problem? They're both married — McPhee to performer-turned-producer Nick Cokas and Morris to actress Mary McCormack. McPhee and Cokas "have been separated for six months," a source says. "Nick continues to co-manage her music." But the status of Morris and McCormack's marriage is unclear.

Forget it girls, there'll be no 50 Shades of McConaughey

Matthew McConaughey

A whole lot of actors are being considered to replace Charlie Hunnam as Christian Grey in the Fifty Shades of Grey movie, but don't include Matthew McConaughey on that list. "I've heard of it, yeah. I have not read the book. I don't even know what the book is about," he tells E! News when pressed on the subject. "I'd be making up an answer if I told you any more."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan and posse hit wrong notes in Karaoke bar

Apparently Lindsay Lohan doesn't need booze to get into trouble during a night on the town. The troubled actress was reportedly "insanely belligerent" after an all-night party in a private karaoke room at a New York City bar, according to the NY Daily News. While Lohan was overheard insisting she wasn't drinking, her hangers-on drained a bottle of Jameson whiskey and left the room littered with bottles and trash, sources say. Lohan is said to have pleaded with the staff to keep the bar open once closing time hit, and when the staff refused the Mean Girls star reportedly summoned the police and complained that she and her friends had been held captive in the karaoke room. No police report was filed.

Twitter

@MarkDuplass
TWISTER was invented by a couple trying to get their dinner guests to swing with them, right?

@ABFalecbaldwin
The Post is obsessed w my wife's boobs. Get in line.

@bobsaget
When someone says something negative to you, turn it into a positive. Tell them you want to sleep with their mother.

Katy Perry and John Mayer. ALL IMAGES GETTY

Mayer's marriage proposal to girlfriend Perry 'a question of when' not if

Katy Perry and John Mayer are getting so serious that news of an engagement is all but inevitable at this point, according to Us Weekly. "Everyone knows it's just a question of when John will propose," a source says. Perry and Mayer, who have been dating for more than a year — with a three-month break earlier this year — "realize they must be together," the source adds. "They Skype and text all day. John always checks in before bed."

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24-karat makeup: SS 14's golden girls

Shimmer and shine. Pat McGrath's glittering brows at Dior and Dries Van Noten's side partings fashioned with gold leaves have given us gold fever. But for everyday wear simply work in a hint of warm, sparkly hues to get that candlelit glow.

ROMINA MCGUINNESS
Metro World News

The show-stopping gold make-up looks spotted on the SS 14 runway were beautiful, but they only work on the runway. You don't want to dazzle your colleagues with all your bling or crack a tooth on the glitter that's landed in your granola.

"Gold makeup is incredibly flattering and works with all skin tones — pretty much everyone can suit a chocolatey bronze. It's like adding sunlight to your face," makeup artist Florrie White, who's worked with the likes of Blake Lively and Rosie Huntington-Whiteley, tells us.

She shows us how to play with the trend:

Highlight Your Face

"A gold highlighter (try the Smashbox Halo Highlighting Wand in Gold or NARS multi-stick in Malibu) will give you that candle light luminosity. Focus on the inner corner of the eyes (to open them up and take away tiredness) and on the temples. Dab some right down to the apple of your cheek so that when you move you get a fuzzy glow around you. Highlight the bridge of the nose for an extra spot of light and your cupid bow to create a fuller top lip."

Warm Your Eyes

"Go for a blown out, gold-bronze smoky eye by using a chocolate gold liner under the eye (try Charlotte Tilbury's eye powder pencil in Sophia). Really bring out the lash line by blending it down. Next, take a gold eye shadow, such as L'Oreal Color Infallible in Goldmine, and wash it all over the lid. Really blend it out so that you get a warm glow behind the lashes. Enhance the look by adding a little bit of a darker eye shadow (such as Color Infallible in Sahara) in the eye sockets."

As for the rest...

- Frame the eyes by slightly grooming and filling in your eyebrows.
- Apply a glittery beige-nude on your lips. Besame Cosmetic's lipstick in Champagne works well.
- Make sure your mascara is combed through and that you don't get powder or cream stuck on the lashes, as this will take away from your lash line.
- Add some gold flecks to your face with NARS's Orgasm Blush.

And for a little extra sparkle we loved:

Dior does gold best with eyes that make accessories unnecessary. GETTY IMAGES

NARS

Eye paint in Iskandar
narscosmetics.com

Topshop

Glitter eyes in Sprinkles
topshop.com

Shiseido

Luminous satin eye colour trio in Into The Woods
shiseido.com

Besame Cosmetic

Lipstick in Champagne
besamecosmetics.com

Charlotte Tilbury

Eye powder pencil in Sophia
charlottetilbury.com

Barry M

Glitter nail paint in Gold Majesty
barrym.com

Trends Report

- Need some inspiration for a Halloween costume idea this year? Go online to Trends Report to see the top five celebrity-inspired Halloween make-up tutorials on YouTube, according to Google.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

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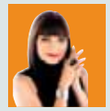

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Shoe heaven! @TrendMarketing1 checking out the fab spring shoes that will be available @TownShoes next year. #Yummy

Splashes of colour+funky floral prints give spring an edge @Pink_Tartan #wmcfw

Canadian street style

Spotted in: Vancouver

Leeor Wild

Producer and music supervisor

What she's wearing
Hat and Bag from Zara, dress from Aritzia, boots from Vince Camuto.

Her inspiration
Leeor stood out with her simplistic approach to style. She likes wearing hats partly inspired by Boy George.

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Madame mode. Femininity rules as ladylike looks kick off Toronto Fashion Week

The runway was reserved for the ladies during the first full day of spring-summer 2014 collections at Toronto's World MasterCard Fashion Week.

Festivities got underway beneath the towering tents of David Pecaut Square on Monday with designers showcasing their visions of warmer weather style with a series of ultra-feminine creations.

The trio of labels, whose presented collections were recognized away from the runway earlier in the day, each netted nominations for the inaugural Canadian Arts & Fashion Awards slated to take place early next year.

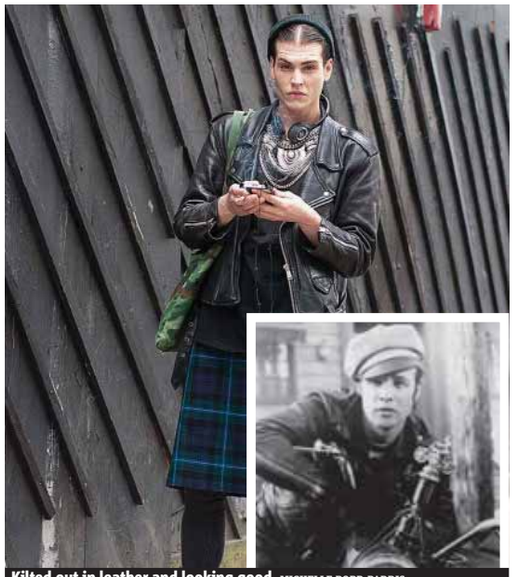
David Dixon was recognized in the outstanding achievement category, while Kimberley Newport-Mimran was nominated for designer of the year honours in womenswear for her label, Pink Tartan. Chloe and Parris Gordon of Beaufille were recognized in the emerging talent category.

THE CANADIAN PRESS

Get revved up for fall with a moto jacket

Men are going all Hells Angels for autumn. Metro rounds up the best of the biker jackets.

RICHARD PECKETT
Metro World News



Kilted out in leather and looking good. MICHELLE BOBB-PARRIS
Inset: Get Marlon Brando's classic biker look. CONTRIBUTED

Buying a leather jacket is like a rite of passage for men. Whether you're a grungy teen, hipster twenty-something or, God forbid, a middle-aged man on the brink of a breakdown, you will hanker after your own piece of primal cowhide. Motorcycle jackets signal full throttle raw masculinity, with every male icon from Marlon Brando and Steve McQueen to David Beckham (now, the new face of British heritage label Belstaff) zipped up in the trend. Now, it's time for the everyman to put his biker style pedal to the metal.

Saint Laurent

Classic biker jacket, $5,036, farfetch.com

Topman

Leather biker jacket, $300, topman.com

Schott

The perfect motorcycle jacket, $990, mrporter.com

Acne

Cassidy leather sleeve biker jacket, $1,240, matchesfashion.com

Plus-size shoppers outweigh fashion options

When it comes to women's clothing sizes, there's some funny math going on.

The average American woman is about 25 pounds heavier than she was in 1960.

Yet women's plus-size clothing, generally defined as size 14 and up, still makes up only about nine per cent of the $190 billion spent annually on clothes.

What's wrong with this equation? It's not that plus-size women aren't into fashion. Rather, the fashion industry doesn't seem interested in them.

The fashion industry has long spent more time, money and marketing on clothing for taut bodies than for curvier ones because it's easier and more profitable to do so. But retail analysts and plus-size women say there's something else at play: Stereotypes about larger women not wanting to dress fashionably keep companies from making clothes that are flattering to them. And in turn, that discourages them from spending more.

"There is still an interesting stigma attached to plus-size fashion and the woman who wears it," says Marie Denee, who wears a size 16 and studies the industry via her website TheCurvyFashionista.com. "Many think, 'Oh, she doesn't want to draw attention, live life, date, be confident, wear fitted clothes with bold colours and patterns,' when the exact opposite is true."

Carmen Barrington, 32, says that attitude has resulted in fewer plus-size options. Barrington, who wears around a size 22, lamented recently after a day of shopping at Forever 21, Lane Bryant and other stores that she sometimes can't even find decent plus-size clothing at retailers that specialize in it.

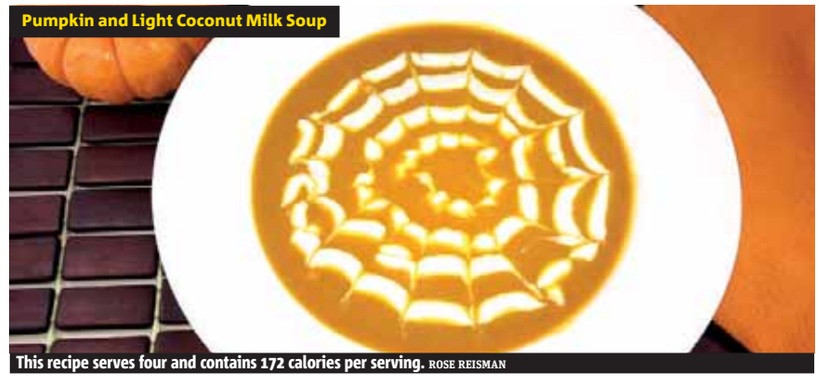
THE ASSOCIATED PRESS

ValueVillage

Check out **valuevillage.com** for even more great ideas plus DIY costume how-tos!

#thriftortreat

Have your jack-o'-lantern and eat it too — in a creamy Pumpkin Soup



This recipe serves four and contains 172 calories per serving. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This fall, enjoy the abundance of pumpkins that are virtually found everywhere!

Pumpkins are rich in carotenoids, recognized to keep your immune system healthy and strong.

If you would like to try using fresh pumpkin instead of canned, just roast a small pumpkin at 400 F until tender, about 45 minutes. Cut open, scrape away seeds and scoop out pulp and mash.

Ingredients

- 2 tsp vegetable oil
- 1 1/2 cups chopped onions
- 1 1/2 cups chopped carrots
- 1 1/2 tsp minced garlic
- 1 tsp minced ginger
- 3 cups chicken or vegetable stock
- 1-1/2 cups canned pumpkin purée
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/8 tsp nutmeg
- 1 tsp hot sauce
- 1 cup light coconut milk
- 1-1/2 tbsp honey

Garnish

- 1/4 cup low fat sour cream

1. In saucepan sprayed with cooking spray, heat oil over medium-high heat; cook onions, carrots, garlic and ginger for 10 minutes, stirring frequently, or until onions are softened and browned. Stir in stock, pumpkin, cinnamon, ginger, nutmeg and hot sauce. Bring to a boil. Reduce heat to low, cover, and cook for 30 minutes or until carrot is tender.

2. In batches, purée soup in a blender. Return soup to saucepan. Stir in coconut milk and honey. Gently reheat.

3. Divide among soup bowls.

4. Garnish: Place sour cream in a small plastic baggie. Snip off the end corner of the bag. Carefully draw approximately 3 to 4 circles on top of the soup as in photo. Use a toothpick to drag lines from the centre out toward the edges to create a web design.

For your phone

Foodie Halloween Treats (iPad/iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

There's spooky treats for all in this fun collection of 40 Foodie Halloween recipes spanning drinks, cakes, cookies and candies. Enjoy chocolate frogs, spice-roasted pumpkin seeds, and caramel apple cider cocktails.

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According to a recent Halloween shopping survey released by thrift shop Value Village, top costume trends point to zombies once again, inspired by the TV show The Walking Dead. TORSTAR NEWS SERVICE FILE

Scare up the perfect costume

JANE DOUCET
For Metro

Trick-or-treaters are getting their Halloween costume inspiration from pop culture once again.

According to the recent annual Halloween shopping survey released by the thrift retailer Value Village, top trends point to camouflage and bushy beards à la Duck Dynasty, and zombies from The Walking Dead.

Similar to past years, nearly 50 per cent of survey respondents think movies and TV shows provide the best costume ideas, and almost 40 per cent said they put in more effort to wear something different every year because they know pictures of them in costume will be posted on social media outlets such as Facebook and Pinterest.

Here are several trends for this Halloween as revealed in the Value Village survey:

Camouflage rules

Nearly one in two costume wearers plan to deck themselves out like the Robertson men of Duck Dynasty in camo and big beards as a group look. That's more than those who would choose the Royal Family or Kim, Kanye and baby Nori.

Zombies come close

For the third year in a row, survey respondents chose The Walking Dead as the TV show that most inspires their costume.

Channelling hip-hop artist Macklemore

Thanks to his Thrift Shop anthem, almost one in two respondents are considering finding a costume at a thrift store.

Camo and beards will be a popular costume choice thanks to Duck Dynasty and the Robertson clan. ASSOCIATED PRESS FILE

Creativity is key

Nearly one-quarter of respondents think you can tell a lot about someone's personality based on their costume. To stand out, 41 per cent of those planning to wear a costume will get creative and create their own instead of buying a pre-packaged one. Only four per cent will wear the same costume every year.

Fun for the whole family

A whopping 92 per cent of parents typically dress up their children, and 78 per cent of moms and dads also wear a costume. More than one in two respondents will decorate their homes for Halloween this year, and four in 10 plan to dress up their pet.

Each Value Village location has dedicated "costume consultants" who are specially trained to help people find exactly what they need. Stores have been hosting free Halloween "costume catwalk" fashion shows showcasing the most popular looks at 3 p.m. every Thursday in October.

WICKEDLY westboro village

WE'RE GOING "MANIAC" FOR PUMPKINS!

Join us for a wickedly wonderful weekend of thrills, chills and everything pumpkin!
We've got something for everyone to enjoy!

SATURDAY, OCTOBER 26TH

9:30am-3:00pm (Westboro Farmers' Market)
Maniac Pumpkin Carvers Demonstration
Appearance by Mayor Jim Watson (12Noon-1:00pm)
Silent Auction of Maniac Pumpkins (12Noon & 2:00pm)

10:00am-4:00pm Along Richmond Road (McRae to Golden)
Face Painting
Pumpkin Carving Tents with "Maniacs In-Training"
Wickedly Westboro Scavenger Hunt
Sidewalk Sale
Dovercourt Haunted Bouncy Castle
Roaming Spook-tacular Performers

SUNDAY, OCTOBER 27TH

12Noon – 4:00pm Along Richmond Road (McRae to Golden)
Pumpkin Carving Tents with "Maniacs-In-Training"

Don't Forget to Take our Wickedly Westboro Pumpkin Stroll and Vote for Your Favourite Pumpkin!

See the pumpkins in the windows of participating merchants, day or night, from October 25th – 31st and vote for The Scariest, The Prettiest, The Funniest and Your Favourite. Ballots available daily from all Westboro Village merchants; at night, from all Westboro Village restaurants. *Winning pumpkins will be announced in the November 7th issue of the Kitchissippi Times.*

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Keep trick-or-treaters out of harm's way

JANE DOUCET
For Metro

Never allow children to enter a stranger's home or car to get a treat. COLOURBOX

Every year in the days leading up to Oct. 31, police forces across the country ask Canadians to help make the spookiest night of the year also the safest.

"The most important thing is for kids to be able to see and be seen," says Const. Donald Jenkins of Halifax Regional Police's Community Relations Crime Prevention division.

That means costumes should be brightly coloured or reflective and shouldn't restrict vision or movement so kids can clearly see people and vehicles and to prevent them from tripping and falling.

Here are some other tips to help keep the little ghouls and goblins out of harm's way:

• Try to limit crossing the street. Go down one side of the street and up the other to reduce the number of times you cross.

• Carry a small flashlight. "This is good for both kids and parents because it helps make them more visible, especially to vehicles," Jenkins said. Parents can also attach glow sticks to their kids' costumes.

• Flammable materials, flowing skirts, baggy sleeves and oversized costumes can all be hazards around candles or flames. Look for costumes, beards and wigs that are labelled "flame resistant." Costumes made from nylon or heavyweight polyester are best.

• Never allow children to enter a stranger's home or car to get a treat. If you are handing out the goodies, don't invite little ones you don't know into your home.

• Look over all of the loot before the kids dive in. "Treats should be tightly wrapped like they would be straight from the manufacturer," Jenkins said. If anything looks like it has been tampered with, put it in the garbage.

• Check the evening weather forecast, then dress kids appropriately. Costumes should be able to fit over warm clothing or a raincoat.

• Don't let small kids venture out alone, even in what you consider to be a safe neighbourhood. "At least one responsible adult should take a child or group of children door to door," Jenkins said.

• Make sure older kids discuss their route with their parents before leaving the house and say what time they plan to be home. If they have a cellphone, check in regularly.

Nutrition. It's OK to indulge now and then

Parents, brace yourself: Oct. 31 is just around the corner and your kids are no doubt mega-excited about the huge haul of sugary and salty treats they will get going door to door.

The good news is that experts say indulging more than usual during this ghoulish time won't make or break regular healthy eating habits.

"Halloween is just one day — it's how your family eats the rest of the year that really counts," said Kristyn Hall, a registered dietitian and the owner of Nutrition and Culinary Solutions in Calgary.

On trick-or-treat day, Hall advises feeding kids a balanced breakfast, lunch and dinner consisting of a carbohydrate such as a whole grain, vegetable or fruit, protein such as milk, cheese, yogurt, meat or a meat alternative, and a healthy fat such as peanut butter or another nut butter, seeds, nuts or avocado.

"Then their tummies are filling up on what I call 'growing food,' which helps their bodies develop properly," Hall said.

Experts say indulging at Halloween won't make or break regular healthy eating habits. ISTOCK/THINKSTOCK

By the time the evening rolls around, a healthy food foundation has been laid.

Some parents who accompany their kids door to door carry a back-up bag or even a pillowcase for when their goblin's first bag is full.

"As a parent, you have to ask yourself how comfortable you are allowing that amount of candy into your home," Hall said.

When it's time to dump out the loot, parents should help sort it. You can teach the kids to divvy it into three piles — favourite treats, kind of like them, and don't like them — then give them away or throw out the duds.

Moms and dads also need to explain how to incorporate the treats in moderation into an overall healthy diet.

"They should have the conversation, 'How are you going to eat all of this?'" Hall said. "And when they say their tummy hurts or feels sick after eating too many treats, you can help them link why."

It's a good idea to put the treats somewhere that younger kids can't access them on their own, such as a high cupboard.

"Often after a couple of days, once they're out of sight, they're out of mind," Hall said.

JANE DOUCET

Special occasions

"Halloween is just one day — it's how your family eats the rest of the year that really counts."

Kristyn Hall, a registered dietitian and the owner of Nutrition and Culinary Solutions in Calgary

Halloween survey

A recent survey from Nestlé revealed that 72 per cent of Canadians have a favourite Halloween activity. Of those surveyed, trick-or-treating is a Canadian favourite. Nestlé is helping Canadians get into the scary Halloween spirit with its limited-edition "Crave Yard" Scary bars specifically designed for Halloween.

- Tradition: Eighty per cent of Canadians have a favourite childhood Halloween memory and dressing up tops the list. Whether you are dressing up your house, or your kids, get into the Scary spirit with Nestlé Scary bars. The "Crave Yard" series includes four popular leading brands you and your kids already know and love — Coffin Crisp, ScAero, Scaries, and Kit Kit — just a bit more dressed up and a bit "scarier" for the Halloween season.

METRO NEWS SERVICES

Pleasures N' Treasures

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READY TO RISE FROM THE ASHES

GRAND OPENING FOR MINTO BEECHWOOD THIS WEEKEND

CONTRIBUTED PHOTOS

Hundreds are expected to gather this weekend for the official opening of New Edinburgh's most anticipated new development — Minto Beechwood. Located in the heart of the neighbourhood at Beechwood Avenue and MacKay Street, the weekend opening will offer the people of Ottawa their first opportunity to purchase a suite in one of Ottawa's hottest locations.

"We've been overwhelmed by requests to visit the sales centre and see what's happening at Minto Beechwood," says Brent Strachan, vice-president of development at Minto. "There's been so much interest in the site, anticipation and growing demand, we're expecting a very busy grand opening weekend."

But the high levels of excitement and enthusiasm for the launch of this new condominium site comes as no surprise to anyone familiar with the city and the site's history.

"This location was once home to an iconic stretch of retail before it was devastated by a fire in 2011," Strachan says. "The fire destroyed much of the block and forced the retailers to relocate. Since then, the people of Ottawa have anxiously been watching the site, anticipating the day the prominent location would rise from the ashes and reassert its promise and prominence.

"This weekend, the anticipation is over."

The grand opening of the Minto Beechwood presentation centre, scheduled to begin at 10 a.m. Saturday and Sunday, will offer the public its first look at the sophisticated condominium lifestyle this contemporary, yet elegant, eight-storey building in New Edinburgh will provide.

Situated between Rockcliffe Park and the Rideau River, New Edinburgh is a truly walkable community, located just steps to downtown Ottawa, the ByWard Market, the Rideau and Ottawa rivers, and Rideau Falls.

Minto Beechwood is close to some of the best shopping, dining, galleries and museums in the city, with bicycle paths and riverside trails close by providing easy access to all that Ottawa has to offer.

Set near some of Ottawa's grandest and most desirable homes, including the Governor General's residence, Rideau Hall, Minto Beechwood has been designed for the end user, providing large, livable floor plans with eminently livable spaces.

Boasting a distinct and stylish form, designed by TACT Architecture, Minto Beechwood will feature suites ranging from 560 to 1,602 square feet, appealing to a broad spectrum of Ottawa new homebuyers. Suites will be offered in one-bedroom, one-bedroom-plus-den, two-bedroom, and two-bedroom-plus-den configurations, providing generously proportioned rooms.

Affordably priced given their distinctive size, features and finishes, prices start in the mid-$200,000s.

Suite interiors will be outfitted with an array of high-end materials and finishes to appeal to discerning buyers. Flooring options include porcelain tile flooring in ensuites and baths, and choice of engineered hardwood floors in living room, kitchen, den/study area, bedrooms, and foyers. High-efficiency heating and cooling systems with heat recovery ventilation in each unit, all-off switch and green plugs, LED lighting technologies, and sub-metering of electricity and water use in each unit are just some of the environmentally responsible and innovative features of this LEED® Silver candidate building.

The gourmet kitchens will include a choice of designer selected cabinets and pantry, island with built-in microwave, Caesarstone countertop, ceramic tile backsplash, under-cabinet lighting, stainless steel under-mount sink, and full-size Energy Star® rated stainless steel appliances.

The master ensuites (and main bathrooms in suites with one bathroom) will come with every detail, including choice of designer selected cabinets with slow close hardware, choice of designer selected Caesarstone countertop with white rectangular under-mount sink, white plumbing fixtures throughout, ultra-high efficiency three-litre flush toilet, and two-speed Energy Star® rated exhaust fan vented to exterior with a high-speed setting user controlled by wall switch.

Entertainment areas will include a beautifully appointed indoor party room with kitchen, a private dining room and billiards, an outdoor terrace with lounge and eating areas and an outdoor kitchen. The building will also boast a state-of-the-art fitness facility, complete with a fully equipped gym and a yoga studio.

To register for the grand opening event, email mintobeechwood@minto.com or go to mintobeechwood.com.

Starting Saturday, the public can visit the sales centre at 7 Beechwood Ave., Monday to Thursday from noon to 7 p.m., and weekends and holidays from 11 a.m. to 5 p.m.

BECAUSE YOU KNOW AN OPENING WHEN YOU SEE ONE

THIS IS THE ONE. The Grand Opening of Minto Beechwood. Sublimely designed one and two bedroom suites. Prices starting from the mid $200s. At the gateway to historic New Edinburgh. One of Ottawa's hottest up-and-coming residential neighbourhoods. A storybook address within walking distance of downtown. For those who set the pace, instead of following the pack. For those who know to open the door when opportunity knocks.

MINTO BEECHWOOD

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Prices, sizes and specifications are subject to change without notice. Illustrations are artist's concept. E. & O. E.

Upping the comfort quotient

Homebody hedonism.
As cooler weather closes in, creating a quiet nook all for yourself provides some at-home escapism

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Whether on a quiet Saturday morning or early mid-week evening, we all have times when we crave some space to ourselves — and many of us have a special nook in our home that allows us to get away.

For some, that space is found in the corner of a comfy sofa or by lying in bed to read. For others, it's getting away from roommates and family by socializing on the computer.

Creating a quiet spot all your own doesn't take up much space; it's about surrounding yourself with comforts you enjoy. A favourite chair can be styled with a back-support pillow, decorative throw or a small side table. In the bedroom, add some support pillows for reading, and a laptop or portable television for watching movies. Grab a pair of earphones so you can selfishly listen to your own movie or music, thereby helping to create a world all your own.

At your desk, make sure you have a spot for your favourite coffee cup, a relaxing scented candle and some family or vacation photos to offer up visual breaks from the computer screen.

Great comfort and support for studying, reading or while watching television in bed. Microsuede Backrest, $25, bedbathandbeyond.ca.

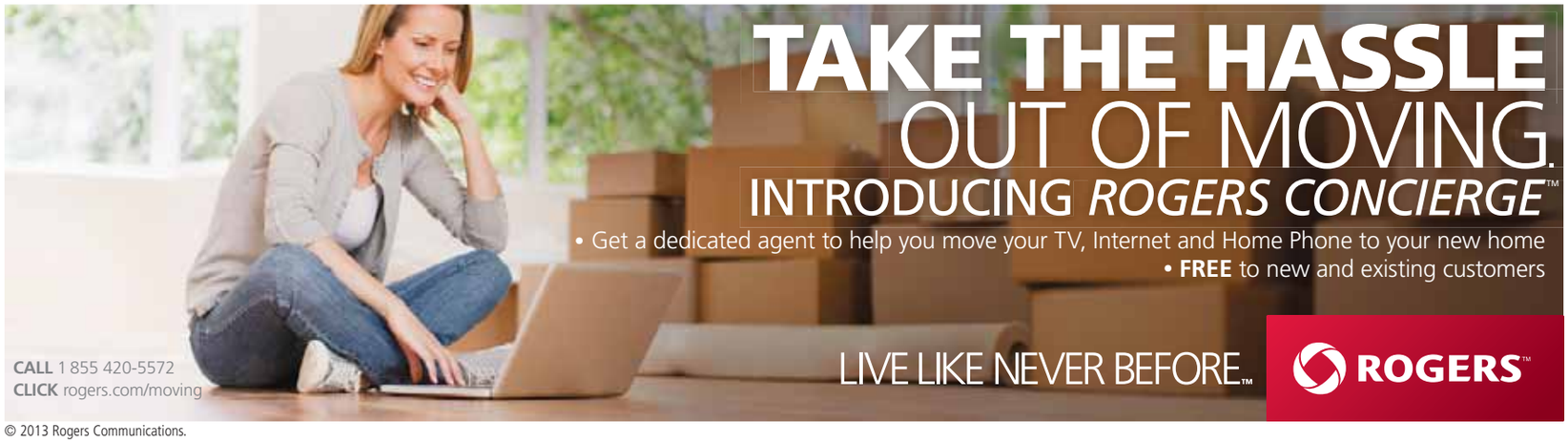
From office to bedroom to living room, an extra side table can be used to hold a book, coffee or decorative candles. Lawson Side Table, $174, homesav.com.

Keep your favourite cup of java warm while reading in bed, soaking in the bath or socializing online. Place one in every comfort nook around your house. Salton Mug Warmer, $10, Walmart. Check walmart.ca for store availability.

Stylish, sleek and reminiscent of a first-class lounge seat, this chair won't get in anyone's way. Benson Motion Recliner, $1,800, urbanbarn.com.

This anywhere lamp casts the perfect spotlight for reading in bed, the office or the living room. Graham Table Lamp, $322, crateandbarrel.com.

Place your single-serve brewer close at hand, and you can have Tim Hortons coffee without even getting up from the lounger. Tim Hortons Single Serve Coffee Cups, $9 per pack of 14, timhortons.ca.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NFL

Manning sits out Broncos practice

A tender ankle kept Peyton Manning out of practice Wednesday when the Denver Broncos began preparations for the Washington Redskins.

Manning said he'll be back Thursday, however.

This was the first time Manning has missed a practice in Denver.

THE ASSOCIATED PRESS

Champions League

Ronaldo notches two vs. Juventus

Cristiano Ronaldo maintained his impressive form in the Champions League by scoring two goals to give Real Madrid a 2-1 win against 10-man Juventus on Wednesday.

The Portugal forward angled a shot behind goalkeeper Gianluigi Buffon to score in the fourth minute. Juventus midfielder Arturo Vidal then pulled down Sergio Ramos in the area and Ronaldo confidently converted the penalty in the 29th for his seventh Champions League goal this season.

THE ASSOCIATED PRESS

World Series

"He hasn't even reached puberty yet. When he gets there, I think he'll be able to grow one."

Boston infielder Mike Napoli on 21-year-old teammate Xander Bogaerts, who hasn't been so successful in joining the Red Sox's playoff beard trend. Go to metronews.ca for coverage of the scruffy Sox's World Series opener against the St. Louis Cardinals on Wednesday night.

The Senators' Bobby Ryan, centre, is congratulated on his first-period goal by teammates Chris Phillips and Kyle Turris as Red Wings goalie Jimmy Howard skates back to the net in Detroit on Wednesday. The game was the first for ex-Sens captain Daniel Alfredsson against his former team. CARLOS OSORIO/THE ASSOCIATED PRESS

Karlsson will always have a friend in Alfie

NHL. Youthful Sens defenceman gives back to former Ottawa captain after years of life lessons

Quoted

"He made me feel younger."

Daniel Alfredsson, 40, on the time he spent playing and living with former Senators teammate Erik Karlsson, 23, in Ottawa

Erik Karlsson drives by Daniel Alfredsson's house every day on the way to the rink, only it's not really his house anymore.

Alfredsson has moved on to the Detroit Red Wings, but the former Ottawa Senators teammates have maintained the strong bond forged over the previous four years. Karlsson went over to the Alfredsson family's new house in suburban Detroit on Tuesday night and Alfredsson's wife, Bibbi, served a traditional Swedish meal.

"It was nice, for a change, to be back in that situation," Karlsson said. "I came over as soon as we got here, all the kids were up and we had dinner together. Everybody didn't eat at the same time because there was a lot of running around. It felt normal."

Alfredsson served Karlsson "good life lessons" starting when the young defenceman lived with him in Ottawa. But as Karlsson developed into a Norris Trophy winner, he returned the favour in a major way.

"I think he is one of the reasons I'm still playing," the 40-year-old Alfredsson said. "When he came in, he was a really good player from the beginning and I think I was able to be there for him and give him some guidance and help out. But he also brought a lot to the table with his energy and enthusiasm and, I guess, a great personality and fun to be around."

Karlsson said it felt good to hear that but credited the longtime Senators captain for doing his own thing to remain in the NHL.

"I've seen how he was when I came and how he's developed and how much more fun he thinks it is to play," he said. "Obviously one of the biggest reasons I think is that his body's healthy and he's feeling good. He's still doing the things he used to do when he was 30." THE CANADIAN PRESS

Online

Go to metronews.ca for results from Wednesday night's game in Detroit.

Oil not so junior after all. Canadiens' Eller regrets 'poor choice of words'

Montreal Canadiens forward Lars Eller admitted he used a "poor choice of words" when he characterized the Edmonton Oilers as a junior team.

Eller spoke to reporters at Montreal's practice facility Wednesday a day after the Canadiens were beaten 4-3 at home by the Oilers.

Oilers coach Dallas Eakins thanked Eller after the game for motivating his players.

While Eller regretted the comment, he said it was taken out of context from a longer piece in which he also said some positive things about Edmonton.

THE CANADIAN PRESS

Skiing

Vonn postpones return to racing

Still recovering from right-knee surgery, Lindsey Vonn has decided not to race in Saturday's Olympic ski season kick-off in Austria but says she will be back next month.

She'll return at her home races in Beaver Creek, Colo., from Nov. 29 to Dec. 1.

THE ASSOCIATED PRESS

Simon Whitfield. Olympic gold medallist retires

Canadian Olympic gold medallist Simon Whitfield announced his retirement from competitive triathlon early Wednesday, becoming a consultant in sports entertainment.

Whitfield, from Kingston, Ont., won gold at the 2000 Sydney Olympics and silver at the 2008 Beijing Games.

THE CANADIAN PRESS

Triathlete Simon Whitfield
THE CANADIAN PRESS FILE

4 SPORTS

Halloween 10/31/2013

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Halloween comes just once a year, but our basics can be worn forever. American Apparel carries hundreds of styles in a variety of colors to help you create your perfect costume. Whether it's a small accessory or an entire outfit, American Apparel has everything you need to let your creativity show.

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Horoscopes

♈ Aries
March 21 - April 20
For best results today, you should be totally honest about your feelings — even when a backlash is likely. You may lose out in some way in the short-term but in the long-term your reputation will soar.

♉ Taurus
April 21 - May 21
A loved one can be hard to understand at times and today it may be impossible to work out what is going on in their head, never mind their heart! Don't worry, it will be OK.

♊ Gemini
May 22 - June 21
Make sure any changes you make over the next 24 hours are necessary. If you have any doubts at all you should keep things as they are, at least for the time being.

♋ Cancer
June 22 - July 23
Make a wish list and expect those wishes to start coming true over the next few days. Thoughts exist, they are real, and the more you think about what you desire, the more likely it is you will get it.

♌ Leo
July 24 - Aug. 23
You may not be the sort who is easily fooled but you should still be on your guard today. Someone you thought you could trust is playing games at your expense. Don't let their games leave you out of pocket.

♍ Virgo
Aug. 24 - Sept. 23
The planets warn you may be too lenient with someone. If you are, it is likely they will take it as a sign of weakness and take from you more. Don't let your heart rule your head.

♎ Libra
Sept. 24 - Oct. 23
Under no circumstances should you take risks with money. The Sun's move into the financial area of your chart means there is a lot to gain but more to lose.

♏ Scorpio
Oct. 24 - Nov. 22
If there is one thing you hate, it's not being sure what is true and what is false. But, there is no way of knowing today. The more thought you give the situation, the more of a dilemma it will be, so stop it.

♐ Sagittarius
Nov. 23 - Dec. 21
Some people just cannot take criticism and one such person will give you a hard time today because you pointed out where they're going wrong. They should not abuse you — they should thank you.

♑ Capricorn
Dec. 22 - Jan. 20
You seem to be in a forgiving mood, which is not like you at all. Others may be suspicious but, yes, it's true — you really do want to be nice to people. They may even be nice back.

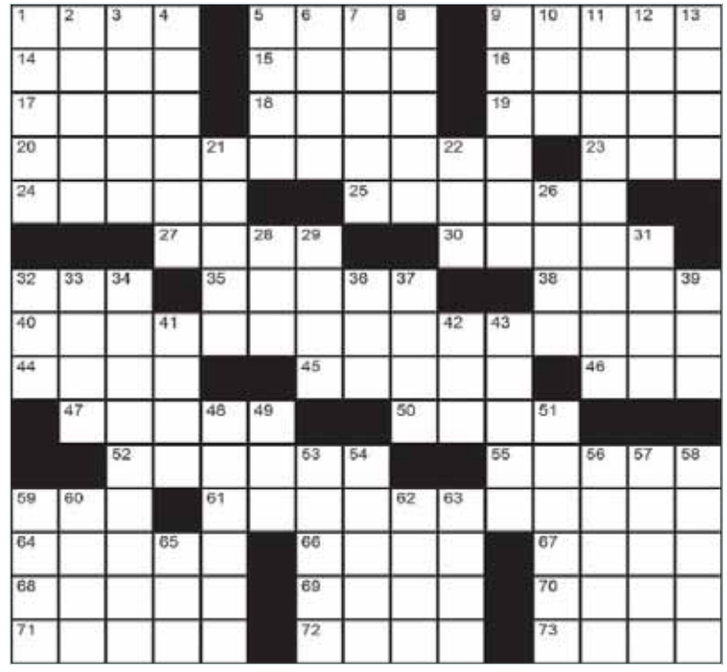
♒ Aquarius
Jan. 21 - Feb. 19
You have never been the sort to care too much what others think and if you find yourself swimming against the tide of opinion today you will be quite happy about it. You enjoy being the odd one out?

♓ Pisces
Feb. 20 - March 20
If certain people seem somewhat evasive, it's a sure sign that something underhand is going on. And, you have a fair idea what it is. Don't let them know their deceit has failed yet. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

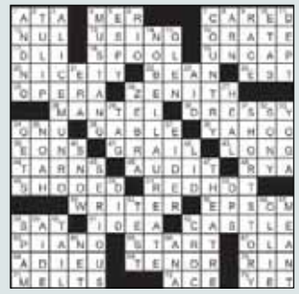
BY KELLY ANN BUCHANAN



Across
1. Botanist Mr. Gray's
5. Weight unit
9. Rose __ pink (Pretty colour)
14. 110-__ appliance
15. Hawkeye State
16. Function or purpose
17. Ancient concert sites
18. Thickening gum
19. Works the Fall leaves
20. The Fall Classic: 2 wds.
23. 'Lion' suffix
24. Big tree along coastal British Columbia, __ Spruce
25. "Whatcha Say" by Jason __
27. City haze
30. Coral formations
32. Common lunchbox sandwich [acronym]
35. Dearly departed bios
38. In the distance
40. Located in Regina, the 'Depot' of the RCMP is its what?: 2 wds.
44. Wrestling of Japan
45. Vision
46. "__ Haw"
47. Prometheus, for one
50. Words on a garage sale tag
52. "The Wiz" (1978) song: "____ Down the Road"
55. Pairs
59. __-relief
61. 1983 comedy flick featuring the SCTV characters at #11-Down: 2 wds.
64. Diminish
66. Stead
67. Trickery
68. AC/DC's "__ Bells"
69. Racetrack shape
70. "Heat of the Moment" band
71. Mr. Baldwin's
72. Jodie Foster movie
73. 12 months

Down
1. Pledges
2. "Me too.": 3 wds.
3. Warning signal
4. Celery segments
5. Jobs for musicians
6. Don Juan type
7. Trophy
8. Chocolate bar, Sweet __
9. Act on
10. Conductor, __-Pekka Salonen
11. "__ __, __!" - Bob and Doug McKenzie
12. Eras
13. Fewer
21. Matt of movies
22. Be off
26. Be up ahead
28. Kimono sash
29. Some bar drinks
31. Ditto
32. Tips, tiny-ly
33. Men's cologne brand
34. Pairs skating great who is a judge on "Battle of the Blades": 2 wds.
36. Restaurant chain, _._._. Friday's
37. Canadian band of "Scratching the Surface"
39. Word with Whiskey
41. Bitty bit
42. Actor brother of Miley's ex Liam ...his initials-sharers
43. "There is _ __ in the affairs of men." - Shakespeare
48. Evaluate
49. Web
51. Public transport mode
53. Synthetic yarn
54. Gullible
56. Originate from
57. Alberta village, 'Gateway to the Handhills'
58. Use profanities
59. "Who Let the Dogs Out" by __ Men
60. Cain's sibling
62. Actress Patricia
63. Bird type
65. "Cake Boss" network

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3		2			9		5	
				6	1			2
4				5		3		
		7					9	
		4	1		5	7		
	6					2		
		8		9				6
1			7	8				
	4		2			8		5

Yesterday's Sudoku

7	8	6	9	3	2	1	5	4
2	4	1	7	5	6	3	9	8
9	3	5	4	8	1	7	2	6
3	1	7	2	6	4	9	8	5
5	2	8	3	7	9	4	6	1
4	6	9	5	1	8	2	3	7
1	7	3	6	9	5	8	4	2
8	5	2	1	4	3	6	7	9
6	9	4	8	2	7	5	1	3

Today
7°/-1°
Partly sunny
Friday
6°/-2°
Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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PROVIDING AFFORDABLE ELECTRICITY, CREATING JOBS & SECURING INVESTMENT

Here's what key economic leaders in Ontario are saying about Bruce Power nuclear:

"Bruce Power has been a positive contributor to Ontario's economy over the last decade and is a key strategic player in the energy sector. The innovation demonstrated at the Bruce Power site is recognized globally."

Allan O'Dette, President and Chief Executive Officer, Ontario Chamber of Commerce

"The current investment and operation program at Bruce Power, outlined in its 2040 vision, projects a contribution of 15,000 jobs and $3 billion annually into our economy. This is critical for southwestern Ontario. Not only will Bruce Power create economic activity directly, it will play a key role by providing affordable electricity to families and businesses across the province."

Serge Lavoie, President Southwest Economic Alliance

"Over the last 12 years, we have worked closely with Bruce Power to create economic opportunities for our manufacturers in the province and the company's $7 billion investment program has and will continue to be a major boost to the province. While these projects will have significant economic impacts, they will also continue to provide Ontarians with affordable, reliable electricity, which is important to our manufacturing sector in particular."

Ian Howcroft, Vice-President, Ontario Canadian Manufacturers and Exporters

"The Bruce Power project achieves a number of key goals for the province including keeping prices low for families and businesses, and investing private dollars into public assets without impacting the province's balance sheet in the process. This is a model that has served Ontario well over the last decade and will be essential moving forward."

Mark Romoff, President and Chief Executive Officer, Canadian Council for Public-Private Partnerships

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